

What is claimed is:

- 1 1. A cable comprising one or more telecommunication or power transmission
2 media or a core of two or more such media, each medium or core surrounded by at least
3 one jacketing or sheathing layer comprising a polypropylene and having a relaxation
4 spectrum (RSI) and melt flow (MF) such that $RSI \cdot MF^a$ is greater than about 12 when
5 a is about 0.5.
- 1 2. The cable of Claim 1 wherein the polypropylene being coupled.
- 1 3. The cable of Claim 2 wherein the coupled polypropylene being characterized by
2 the following formula
3
$$Y \geq 1.25, \text{ wherein:}$$

4 $Y = \text{a ratio of a melt strength of the coupled polypropylene to the melt strength of the}$
5 $\text{comparable noncoupled polypropylene.}$
- 1 4. The cable of Claim 1 wherein the polypropylene is an impact modified
2 propylene copolymer.
- 1 5. The cable of Claim 4 wherein the impact modified propylene copolymer
2 comprises a continuous phase and an elastomeric phase, wherein the elastomeric phase
3 being present in an amount of at least about 9 weight percent of the impact modified
4 propylene copolymer.
- 1 6. The cable of Claim 1 wherein the polypropylene being a foamed propylene-
2 based polymer.
- 1 7. The cable of any of the preceding claims wherein the cable having an inner
2 jacketing or sheathing layer and an outer jacketing or sheathing layer, wherein the inner
3 layer being the jacketing or sheathing layer characterized in Claim 1 and the outer layer
4 comprising an ethylene polymer.
- 1 8. A cable comprising one or more telecommunication or power transmission
2 media or a core of two or more such media, each medium or core surrounded by at least
3 one jacketing or sheathing layer comprising a coupled impact modified propylene
4 copolymer being characterized by the following formula
5
$$Y \geq 1.25, \text{ wherein:}$$

6 $Y = \text{a ratio of a melt strength of the coupled polypropylene to the melt strength of the}$
7 $\text{comparable noncoupled polypropylene,}$

- 8 comprising a continuous phase and an elastomeric phase, wherein the elastomeric phase
9 being present in an amount of at least about 9 weight percent of the impact modified
10 propylene copolymer,
11 and having a relaxation spectrum (RSI) and melt flow (MF) such that $RSI \cdot MF^a$ is
12 greater than about 12 when a is about 0.5.
- 1 9. A cable comprising one or more telecommunication or power transmission
2 media or a core of two or more such media, each medium or core surrounded by at least
3 one jacketing or sheathing layer comprising a polypropylene homopolymer or
4 copolymer and having a melt strength greater than about 8 centiNewtons.